

# Bow Nordic Team Goals

- Promote the life-long love of Nordic skiing
- Improve technical proficiency of all skiers, regardless of current ability
- Promote healthy living by teaching and practicing the behaviors that lead to a balanced lifestyle, including proper nutrition and rest and the importance of exercise and being outdoors
- Create an atmosphere where athletes positively support and encourage one another to reach his/her individual goals
- Represent Bow Nordic positively to the broader community including BHS, the town of Bow and the NH Nordic community.